



Ibiro Bishinzwe Kurwanya
Indwara Zandura

Leta ya New Hampshire COVID-19 Amabwiriza ku Bijyanye n'Ingendo 12 Ugushyingo 2020

Icyorezo cya (COVID-19) giterwa na virusi nshya ya corona yavutse mu 2019, gikomeje gukwirakwira ku isi yose ndetse no muri Leta Zunze Ubumwe by'umwihariko. Ibihugu byinshi, harimo Leta Zunze Ubumwe (reba [amakuru ya leta zose](#)), bikomeje kugira umubare munini w'ubwandum bwa COVID-19, ndetse n'ibice byinshi byagerageje guhangana no kugabanya imibare yabo imibare y'abanduye COVID-19 yongeye kuzamuka. Henshi mu hantu hakunze kugendwa ku rwego mpuzamahanga bakomeje gusohora [Itangazo ry'Ubuzima ku Bijyanye n'Ingendo](#) rigaragaza ibyago biri hejuru byo kwandura COVID-19, no kubabuza gukora ingendo zitari ngombwa. Nyamara, zaba ingendo mpuzamahanga cyangwa izo mu gihugu zongera ibyago byo kwandura no gukwirakwiza ubwandum bwa COVID-19; kuguma mu rugo nibwo buryo bwiza bwo kwirinda ukarinda n'abandi kuba bakwandura.

Ibigo Bishinzwe Guhangana n'Icyorezo (CDC) biratanga amabwiriza ngenderwaho ku bantu [bakorera ingendo muri Leta Zunze Ubumwe z'Amerika](#). Kubera ko gukora ingendo byongererera umuntu ibyago byo kwandura COVID-19 binyuze mu guhura n'abandi cyangwa gukora ku bikoresho byanduye, umuntu wese ukora ingendo agomba kwirinda gukoresha uburyo rusange, yirinda amahuriro n'abantu batabana mu rugo bya hafi, siga intera byibura y'intambwe 6 hagati yawe n'abandi, ambara agapfukamunwa/mazuru igihe uri ahantu hateraniye abantu benshi, kandi basukure intoki zabo.

Leta ya New Hampshire irashishikariza abatuye ndetse n'abasura NH gukurikiza amabwiriza y'ingendo no gushyirwa mu kato mu rwego rwo gukumira ubwandum bushya no gukwirakwiza COVID-19 mu baturage bacu iturutse hanze ya NH bafite ubwyiyongere buri hejuru bw'ubwandum bwa COVID-19. Hari amabwiriza atandukanye ku bakoresha/abakozi ajyanye n'ingendo no gushyirwa mu kato akubiye mu [Mabwiriza Mpuzamahanga](#) ndetse n'[amabwiriza](#). ya Leta ya New Hampshire Ishami rya Serivise z'Ubuzima Rusange ziyanye n'ingendo, gupima ndetse no guhagarika umukozi. Ibindi bigo n'abantu ku giti cyabo aho aya mabwiriza ya bizinesi adashobora gukora (urugero., ibigo by'amashuri ya leta) bagomba gukurikiza aya mabwiriza, cyangwa bakareba uko bahuza aya mabwiriza n'inzezo zabo ndetse n'ibyo bakenera bashimangira ingamba zafashwe ku ngendo n'ishyirwa mu kato byibanda ku ngendo z'ingenzi zikorwa igehe habayeho kurinda abantu ku giti cyabo, imiryango, ndetse n'abaturage kuzana ubwandum bushya no gukwirakwiza COVID-19.

Amabwiriza y'Ishyirwa mu Kato ku Wakoze Ingendo

Abatembera/Abashyitsi ku **NDETSE n'abaturage** ba New Hampshire bagomba [kwishyira mu kato](#) mu gihe cy'iminsi 14 ikerikiye itariki ya nyuma iheruka yakoreweho urugendo rufite ibyago by'ubwandum buri hejuru, hari ingendo zo mu mahanga (harimo izijya/iziva muri Canada); mu bwato; cyangwa mu gihugu imbere hanze ya leta za New England Maine, Vermont, Massachusetts, Connecticut, cyangwa Rhode Island ku mpamvu zitari ngombwa.

Abantu byagaragaye ko bahuye n'ibyago biri hejuru bw'ubwandum mu ngendo bashobora kugabanya igehe bamara mu kato bakipimisha ku munsi wa 7 w'akato kugira ngo bisuzumishe ubwandum SARS-CoV-2 (SARS-CoV-2 ni virusi nshya ya corona itera COVID-19); iri suzuma rigomba gukorwa ku duce dutoya cyane (urugero., PCR – uburyo bwo kubona akanyangingo kanzinya katagaragara, yo ikagakuza kakaza kagaragara neza); ibipimo bishingiye ku gusuzuma ubudahangarwa bw'abasirikare ntabwo byemewe ku bw'iyi mpamvu. Igihe ibipimo bifashwe ku munsi wa 7 w'akato, akaba nta bimenyetso agaragaza, isuzuma rikaba rigaragaza ko atanduye, ashobora guhita asoza igehe cy'akato hakiri kare, ariko basabwa gukomeza [kwikurikirana](#) ku bijyanye



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n'ibimenyetso bya COVID-19. [ibimenyetso bya COVID-19](#) bishya bihita bituma umuntu yishyira mu muhezo kandi agasaba kongera gupimwa (nubwo yaba aherutse kuva mu kato). Uburyo bw'yi minsi 7 yo "kuva" mu kato bureba GUSA abagiye mu kato bitewe n'ingendo bakoze (ntabwo ari uko bishyize mu kato kuko bafite ibyago byinshi batewe no guhura n'uwanduye COVID-19).

Abatemberera/abashyitsi bajya muri Leta ya New Hampshire bemerewe kwishyira mu kato muri leta baturukamo mu gihe cy'iminsi 14 mbere yuko bahagera bapfa kuba bataraje muri NH bifashishije uburyo bwa rusange. Ikindi na none, abatemberera/abashyitsi muri NH bemerewe kwishyira mu kato iwabo muri leta baturukamo mu gihe cy'iminsi 7, hanyuma hakaboneka ibipimo hifashishijwe uduce dutoya cyane(urugero., PCR – uburyo bwo kubona akanyangingo kanzinya katagaragara, yo ikagakuza kakaza kagaragara neza) kugira ngo hasuzumwe ubwandum bwa SARS-CoV-2 mbere yo kugera muri NH, hanyuma iyo ibipimo bigaragaje ko atanduye umugenzi/umushyitsi ntabwo asaba kujya mu kato ageze muri NH apfa kuba mu kuza atarakoresheje ingendo za rusange. ibipimo bishingiye ku gusuzuma ubudahangarwa bw'abasirikare ntabwo byemewe ku bw'yi mpamvu. Akato bivuze ko umuntu aba atemerewe kuva mu rugo, yewe no kujya ku kazi, ku ishuri, cyangwa indi mirimo y'ingenzi, ikindi umuntu ujya muri Leta ya NH ntabwo agomba guhagarika igehe cy'akato mbere yuko abona ibisubizo ku bipimo bye ndetse na mbere yo kujya muri New Hampshire (bivuze ngo., kuva igehe umuntu aboneye yuko atanduye COVID-19 kugeza igehe izagerera muri NH, nta buryo buryo bwo guhura n'abantu benshi bukwiye kubaho).

Irengayobora ku Ishyirwa mu Kato k'Uwakoze Ingendo

Ibigo birasabwa gushyiraho uburyo bwabo bw'ingendo kandi bigafata ingamba zo guhagarika abakozi amabwiriza rusange y'inzezo z'ubuzima (iri bwiriza ndetse [amabwiriza](#) ya Leta New Hampshire Ishami Rishinzwe Servise z'Ubuzima Rusange arebana n'Ingendo, Kwpimisha ndetse no Guhagarikwa) hamwe n'[Amabwiriza Mpuzamahanga](#). Irengayobora ku mabwiriza agenga ishyirwa mu kato k'uwakoze ingendo rigaragara hano, rishobora gukorwa na bizinesi, ibigo, amashuri, n'ibindi, ku bantu bakora "ingendo ziri ngombwa" ku mpamvu z'ingenzi. "Ingendo za ngombwa" harimo iz'akazi, ku ishuril, umutekano, ubuvuzi, kwita ku bandi, inshingano za kibyeyi, z'ubuvuzi, ndetse n'amafunguro cyangwa ibinyobwa (ingendo zo hafi zo guhaha ibyo kujyana mu rugo ndetse no mu maduka gusa). Ingendo za ngombwa kandi zirimo iz'abanyeshuri n'ababyeyi babo cyangwa abishingizi basura amashuri makuru cyangwa ayisumbuye ategura abanyeshuri kuzajya mu mashuri makuru, harimo no kubemerera kurara ku ishuri. Abakozi bakorera ingendo zitari ngombwa mu bice bifite ibyago byinshi by'ubwandum bwa COVID-19 ku mpamvu zabo bwite cyangwa zigamije kwishimisha ntabwo bafite ubu burenganzira (reba amabwiriza ya Leta ya New Hampshire Ishami Rishinzwe Servise z'Ubuzima Rusange arebana n'Ingendo, Kwpimisha ndetse no Guhagarikwa ku bindi bisobanuro birebana no guhitamo ndetse n'amabwiriza agenga "umukozi w'ingenzi").

Irengayobora ku mabwiriza agenga ishyirwa mu kato rikurikiza ibyago biri hejuru k'uwakoze ingendo, nyamara ariko, ntabwo rigomba kuba ihame kandi imbaraga zose zigomba gukoreshwa mu gufasha abantu ku gitu cyabo gukora, kwiga, cyangwa gukorera akandi kazi k'ingenzi mu rugo mu gihe bari mu kato. Abantu bemerewe gukora cyangwa kujya ku ishuri tutirengagije ibyago biri hejuru k'uwakoze agomba kujya mu kato ku zindi mpamvu zitari akazi n'ishuri, kandi ntagomba kujya ahakorerwa imirimo rusanz cyangwa amahuriro mu gihe bari mu kato.



Incamake ku Ishyirwa mu Kato k'Uwakoze Ingendo

	Yagiriye ingendo mu mahanga, mu bwato, cyangwa mu gihugu hanze ya New England	Yagiriye Ingendo muri New England cyangwa Nta Ngendo Yagize
Ikimenyetso Gishya cyangwa Kidasobanutse cya COVID-19	<p>Ishyire mu muhezo kandi wihutire kwipimisha.</p> <p>Niba ataranduye ashobora gusubira mu buzima bwe busanzwe ige amaze byibura amasaha 24 nta muriro (nta miti igabanya umuriro afashe) n'ibindi bimenyetso bitakigaragara, NDETSE kimwe muri bitatu bikurikira byuyuze:</p> <ol style="list-style-type: none"> Umukozi yarangije ige cyo kwishyira mu kato mu gihe cy'iminsi 14 kuva ku munsi wa nyuma w'urugendo Urugendo rware "ingenzi" Umukozi yahagaritse ige cy'akato nta bwandu bwa SARS-CoV-2 afite ku munsi wa 7 w'akato (isuzuma rigomba gukorwa hifashishijwe uduce dutoya cyane kugira ubwandum bugaragare, harimo nk'ibipimo bya PCR) (Icyitonderwa: NIba umukozi yarapimwe mbere y'umunsi wa 7 w'akato kubera ibimenyetso kandi ibipimo bikagaragaza ko atarwuye, rero kwipimisha bwa kabiri ku munsi wa 7 birakenewe kugira ngo ige cy'akato kirangire hakiri kare.) 	<p>Ishyire mu muhezo kandi wihutire kwipimisha.</p> <p>Niba ataranduye ashobora gusubira mu buzima bwe busanzwe ige amaze byibura amasaha 24 nta muriro (nta miti igabanya umuriro afashe) n'ibindi bimenyetso bitakigaragara.</p>
Nta bimenyetso agaragaza	<p>Ishyire mu kato mu gihe cy'iminsi 14 kuva ku munsi wa nyuma wakoreyeho urugendo (cyereka niba ari urugendo ruri ngombwa)</p> <p>Umukozi yemerewe guhagarika ige cy'akato nta bwandu bwa SARS-CoV-2 afite ku munsi wa 7 w'akato (isuzuma rigomba gukorwa hifashishijwe uduce dutoya cyane kugira ubwandum bugaragare, harimo nk'ibipimo bya PCR).</p>	Ntacyo abujijwe
Ibipimo bigaragaza ko nta bwandu bwa COVID-19	Ishyire mu kato	Ishyire mu kato

Ingendo za ngombwa harimo iz'akazi, ku ishuri, umutekano, ubuvuzi, kwita ku bandi, inshingano za kibyeyi, z'ubuvuzi, ndetse n'amafunguro cyangwa ibinyobwa (ingendo zo hafi zo guhaha ibyo kujyana mu rugo ndetse no mu maduka gusa). Ingendo za ngombwa kandi zrimo iz'abanyeshuri n'ababyeyi babo cyangwa abishingizi basura amashuri makuru cyangwa ayisumbuye ategura abanyeshuri kuzajya mu mashuri makuru, harimo no kubemerera kurara ku ishuri. Abakozi batari ab'ingenzi bakorera ingendo mu bice bifite ibyago by'ubwandum zabo bwite cyangwa zo kwishimisha ntabwo bafite ubu burenganzira.

Ni irihe tandukaniro riri hagati y'Umuhezo n'Akato?

Umuhezo bikoreshwa ku bantu barwaye cyangwa banduye virusi ya corona ariyo itera COVID-19; hanyuma akato kagakoreshwa ku bantu bahuye n'abanduye kandi bakaba bafite ibyago biri hejuru byo kwandura. Aya magambo yombi asobanura ko umuntu aba agomba kuguma mu rugo kure y'abandi, ariko ige bamara muri bino bihe kiratandukanye. Reba incamake y'itandukaniro ku [rubuga](#).